



2025

YEAR 10 SUBJECT GUIDE



BEMIN
SECONDARY COLLEGE



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BEMIN SECONDARY COLLEGE

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2025 Year 10 Subject Guide

Acknowledgement of Country

Bemin Secondary College respectfully acknowledges the Bunurong People of the Kulin Nation, who are the Traditional Owners of the land on which Bemin Secondary College is located in Melbourne's west, and pay respect to their Elders past, present and emerging.





WELCOME TO SENIOR SCHOOL



Joanne Camozzato
College Principal

Welcome to the Bemn Secondary College learning community! It is with great excitement that we welcome you to Year 10 at our senior campus. At Bemn Secondary College all students will be empowered to achieve their individual best learning and wellbeing outcomes. The learning, growth and achievement of all young people will be underpinned by creativity, innovation and a commitment to respectfully work together to create a sustainable future for themselves and their families.

At Bemn Secondary College, our mission is to foster a learning community identified by high expectations, a commitment to evidenced based practices and a deep pride in the school values. The school promotes a strong sense of community by building strong home/school partnerships and welcoming all students from across the local neighbourhood.

All students will be supported to develop their identity by differentiated pathways while acknowledging that their individual cultures and personal identities are sources of strength.



Sandale Ambegoda
Assistant Principal
Teaching and Learning

As students embark on their senior school journey as our inaugural Year 10 cohort we encourage all students to strive for excellence in their individual education programs. We are committed to providing a large range of subject offerings to allow our students to choose a diverse and individual program for their senior years of secondary school.

The Year 10 program is developed around allowing students choice of the electives they wish to study and pursue. It supports each student to choose a program they wish to study based on their future pathways. This program provides flexibility and engagement as well as providing them with the necessary foundation skills to move into a VCE/VET program to achieve academically and feel well equipped to face the next stage of their lives as they move into young adulthood. All students and families are encouraged to discuss the options available and to seek assistance from the school's staff to ensure that each student's program is the right one for them. I wish students all the best with the well-considered choices that are about to be made during the course selection process.

2025 YEAR 10 PROGRAM

The 2025 Year 10 Program at Bemín Secondary College provides students with access to genuine pathways from the Victorian Curriculum into senior secondary study in the Victorian Certificate of Education (VCE).

Students are strongly encouraged to make subject selections in consultation with their teachers, their family and the Senior School team, in order to best select subjects that match their strengths, interests and potential senior secondary pathways.

Minimum Requirements

All students in Year 10 at Bemín Secondary College are required to meet a number of requirements when planning their Year 10 learning program.

Core Subjects

All Year 10 students will be required to participate in the following subjects for the whole academic year:

- English
- Mathematics
- Humanities

- Science
- Health
- Physical Education
- Pathways

Specialisations

Students will also have the option to choose **four** specialisations in the year (each will run for one semester). Students must complete at least **one arts-based** and **one technology-based** specialisation as part of their selection.

Early Commencement VCE

Students who have been enrolled in an early commencement VCE subject will complete their VCE Units 1 and 2 for the entirety of the academic year.

Successful applicants must still choose one arts and one technology specialisation.

Advanced Mathematics

Students wishing to complete advanced maths in Year 10 will have the opportunity to based on a selection process in lieu of their general mathematics class in 2025.

EXAMPLE: A typical Year 10 learning program at Bemín Secondary College

	Core Subjects							Specialisations	
Semester 1	English 8 periods per fortnight	Maths 8 periods per fortnight	Humanities 8 periods per fortnight	Science 8 periods per fortnight	Health 2 periods per fortnight	Physical Education 4 periods per fortnight	Pathways 2 periods per fortnight	Choice #1 (Arts or Tech) 5 periods per fortnight	Choice #3 (any) 5 periods per fortnight
Semester 2								Choice #2 (Arts or Tech) 5 periods per fortnight	Choice #4 5 periods per fortnight

* VCE Early Commencement: students completing an early commencement VCE subject (10 periods a fortnight) will not have a third and fourth elective subject.

Potential Subject Pathways

Learning Areas	Year 10	Year 10
	Victorian Curriculum Level 10	Victorian Certificate of Education (VCE)
English#	CORE English - 2 units* SPECIALISATIONS Language Builders - 1 unit Literary Escapades - 1 unit	VCE English / EAL Units 1-4 VCE Literature Units 1-4
Mathematics	CORE Mathematics - 2 units Mathematics: Advanced - 2 units	VCE Foundation Mathematics Units 1-4 VCE General Mathematics Units 1-4 VCE Mathematical Methods Units 1-4
The Humanities	CORE Humanities - 2 units SPECIALISATIONS History's Crossroads - 1 unit Spark to Shark - 1 unit	VCE History Units 1-4 VCE Business Management Units 1-4 VCE Politics Units 1-4 VCE Geography Units 1-4
Science	CORE Science - 2 units SPECIALISATIONS CSI Lab - 1 unit Planet Earth in Peril - 1 unit Mind Matters - 1 unit	VCE Biology Units 1-4 VCE Chemistry Units 1-4 VCE Environmental Science Units 1-4 VCE Physics Units 1-4 VCE Psychology Units 1-4
Health Physical Education	CORE Health - 2 units Physical Education - 2 units SPECIALISATIONS Get Fitter, Run Faster - 1 unit The Game Plan - 1 unit	VCE Health and Human Development Units 1-4 VCE Physical Education Units 1-4
The Arts	SPECIALISATIONS Creative Canvas - 1 unit Page to Stage - 1 unit From Pixel to Production - 1 unit Design Adventure - 1 unit Soundscapes and Spotlight - 1 unit	VCE Art Making and Exhibiting Units 1-4 VCE Visual Communication Design Units 1-4 VCE Media Units 1-4 VCE Drama Units 1-4
Technologies	SPECIALISATIONS Digital Design - 1 unit Design Workshop - 1 unit Trends and Techniques - 1 unit Fabric Finesse - 1 unit Plating Perfection - 1 unit	VCE Product Design and Technologies Units 1-4

* **Units:** when referring to units, each unit lasts for one semester.

denotes compulsory subject.

SPECIALISATIONS

Year 10 students at Bemín Secondary College select specialisations from a range of learning areas, enabling them to apply skills and knowledge in specific contexts.

Students are strongly encouraged to make subject selections in consultation with their teachers, their family and the Senior School team, balancing challenge and accessibility for students across all ability levels.

Students need to choose **four** elective subjects in the year (each will run for one semester). Students must complete at least **one arts-based** and **one technology-based** subject as part of their selection.



Click on the subject name in the Contents below to access an overview as well as subject and career pathways options for the subject.

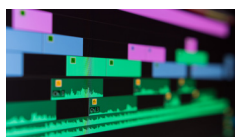
Specialisation	Learning Area	Page
From Pixel to Production: Media	The Arts	10
Page to Stage: Drama		11
Soundscapes and Spotlights: Unveiling the Magic of Music Production		12
Creative Canvas: Painting, Printing and Drawing		13
Design Adventures: Visual Communication Design		14
Trends and Techniques: Food Technology	Technologies	16
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Digital Design: Game Development and Digital Advertising	English	20
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Language Builders: Constructing Words, Crafting Sentences	Science	23
CSI Lab: Investigating With Science		25
Mind Matters: Psychology	The Humanities	26
Spark to Shark: Business Management		28
Planet Earth In Peril: Geography		29
History's Crossroads: Unravelling World War II and the Social Impacts	Health & PE	30
The Game Plan: Physical Education		32
Get Fitter, Run Faster: Health and Physical Education	VCE Early Commencement	33
VCE Psychology		36
VCE Business Management		38
VCE Legal Studies		40
VCE Health and Human Development		41

An abstract painting featuring a cello as the central subject. The cello's body is rendered in warm, earthy tones of orange and brown, with a dark, vertical neck and a small circular sound hole. The background is a vibrant, textured wash of colors, including pinks, reds, yellows, and greens, suggesting a floral or organic theme. In the foreground, several large, semi-transparent purple shapes overlap the lower right portion of the image, adding a modern, graphic element to the composition. The overall style is expressive and colorful, blending traditional musical imagery with contemporary abstract art.

THE ARTS

From Pixels to Productions: Media

ARTS



SUBJECT DESCRIPTION

Hey there, future media masters! Get ready for an adventure in the world of images and storytelling. We'll unravel the secrets behind creating captivating movies, videos, and other media wonders. Imagine unlocking the codes that make your favourite genres tick, and learning how to write like a storytelling wizard.

You'll have the chance to put your creativity to the test and bring your ideas to life. Lights, camera, action! You'll be part of individual and group projects, where you'll dive into a real production setting. Picture yourself making media magic that speaks directly to your audience's hearts!

So, if you're up for a thrilling journey of media exploration and hands-on fun, join us on this fantastic ride! Your creative dreams are about to become reality!

PATHWAYS

Senior School Pathways

This subject can lead to these further learning options:

- VCE Media
- VCE Drama
- VCE Theatre Studies

Career Pathways

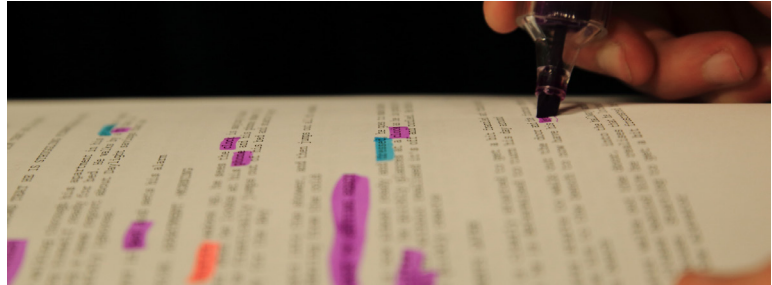
You should consider this subject if you are interested in becoming a:

- Marketing Director
- Content Creator
- Cinematographer
- Filmmaker
- Journalist



Page to Stage: Drama

ARTS



SUBJECT DESCRIPTION

Discover the Magic of Drama! Step into the spotlight or work behind the scenes. Unpack your creativity as you act, write, direct, and design like a professional. Get ready to plan and deliver performances that leave audiences captivated. Dive into the world of strong characters and exciting scripts, from classics to your very own masterpieces.

Explore cultures, places, and times to find inspiration for your stories, and let your own experiences shine on stage. From traditional theatres to cutting-edge platforms, you'll find the perfect stage to make your mark.

Be a storyteller that sparks imagination.

PATHWAYS

Senior School Pathways

This subject can lead to these further learning options:

- VCE Media
- VCE Drama
- VCE Theatre Studies

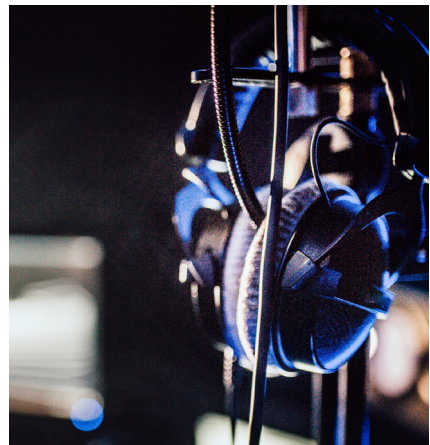
Career Pathways

You should consider this subject if you are interested in becoming a:

- Media Director
- Arts Administration
- Barrister/Lawyer
- Multimedia Content Developer
- Actor

Soundscapes and Spotlights: Unveiling the Magic of Music Production

ARTS



SUBJECT DESCRIPTION

Are you curious about the magic behind the music you love on Spotify? Have you ever wondered how gig equipment and theatre setups work? Look no further, because this subject is your ultimate gateway to the music world!

Get ready to create your very own songs using your trusty computer and learn the art of recording both bands and soloists to produce breathtaking original tracks. You'll also discover the secrets of running a live sound system in a theatre like a pro!

No matter if you're a seasoned musician or just fascinated by the music-making process, this subject is tailor-made for you! We'll guide you on how to produce your own music and even help you master the ins and outs of running a successful gig.

By the end of the semester, you'll be equipped

with awesome skills and knowledge. There is the opportunity to compose your own music, perform and host your very own spectacular event.

PATHWAYS

Senior School Pathways

This subject can lead to these further learning options:

- VCE Music
- VET Music Industry (Music Performance)
- VET Music Industry (Sound Production)

Career Pathways

You should consider this subject if you are interested in becoming a:

- Professional Musician
- Music Producer & Composer
- Film Composition
- Foley Artist
- Event Manager
- Advertising & Branding Manager



Creative Canvas: Painting, Printing and Drawing

ARTS



SUBJECT DESCRIPTION

Welcome to the vibrant world of Painting and Printmaking, where you'll step into the shoes of a practising artist. This course is all about honing your existing skills and knowledge through engaging in mini practical tasks and workshops, focusing on various drawing, painting, and printing techniques.

As you embark on this exploration, you'll gain the confidence to experiment and the independence to create a body of work. Your ultimate goal for the semester is to craft a fantastic portfolio of artwork and nurture your unique artistic style.

If you're passionate about exploring your creativity and the Arts in a two-dimensional format, this exciting elective is the perfect canvas for you. Let's paint a masterpiece together!

PATHWAYS

Senior School Pathways

This subject can lead to these further learning options:

- VCE Art Making and Exhibiting

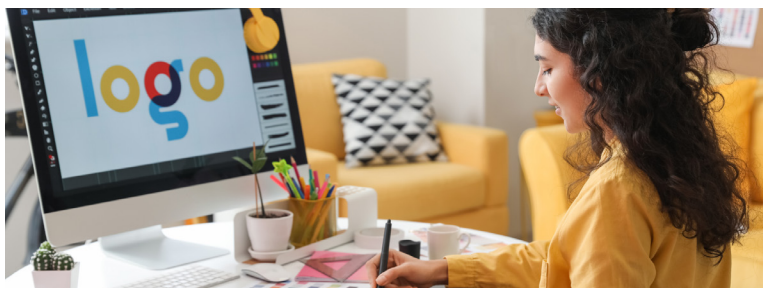
Career Pathways

You should consider this subject if you are interested in becoming a:

- Visual Artist
- Designer
- Illustrator
- Gallery Curator
- Exhibition & Events manager

Design Adventure: Visual Communication Design

ARTS



SUBJECT DESCRIPTION

In this elective, you'll explore how visual elements like images and typography communicate ideas with impact. Throughout the course, you'll apply the design process to create captivating artworks for specific purposes and audiences, mastering the use of design elements, principles, typography, and layout to develop your unique design concepts.

You'll have the opportunity to bring your creativity to life by crafting the branding for small businesses for example a mobile food truck. From crafting an eye-catching logo to designing the business advertisements, you'll be empowered to shape the business' identity and leave a lasting impression. Utilising both traditional manual techniques and digital tools, you'll present your final presentations with confidence and be inspired by the works of renowned designers to infuse your ideas with intriguing and creative typography.

PATHWAYS

Senior School Pathways

This subject can lead to these further learning options:

- VCE Visual Communication & Design

Career Pathways

You should consider this subject if you are interested in becoming a:

- Graphic Designer
- Branding Designer
- Publishing Illustrator
- Multimedia Content Creator
- Architect

TECHNOLOGIES



Trends and Techniques: Food Technology

TECHNOLOGY



SUBJECT DESCRIPTION

Calling all aspiring foodies!

Master the art of safe and hygienic cooking, while adhering to top-notch food regulations! Want to impress your friends and family? Refine your cooking skills to whip up mouthwatering creations using the homestyle equipment, classical techniques, and everyday ingredients. Style your dishes to ensure they are Instagram worthy and keep up to date with all the latest food trends and plating styles.

PATHWAYS

Senior School Pathways

This subject can lead to these further learning options:

- VCE Food Studies
- VCE Health and Human Development
- VET Hospitality

Career Pathways

You should consider this subject if you are interested in becoming a:

- Food Scientist/Food Product Developer
- Nutritionist
- Chef
- Restaurant/Cafe Owner

Plating Perfection: The Art of Culinary Aesthetics

TECHNOLOGY



SUBJECT DESCRIPTION

Welcome to a semester-long unit where food presentation and styling take centre stage!

In this course, you'll actively participate in selecting, preparing, and photographing meals for two exciting projects for example: a 'food truck' venture and an elegant 'afternoon tea' affair. Your culinary finesse will shine as you transform simple ingredients into visually stunning masterpieces.

Moreover, you'll delve into the world of Australian food innovators, gaining valuable insights into the thriving realm of food styling within our country. If you have a passion for culinary creativity and a keen eye for aesthetics, this subject promises an unforgettable experience where you'll refine your skills and create edible works of art that are sure to impress!

PATHWAYS

Senior School Pathways

This subject can lead to these further learning options:

- VCE Food Studies
- VCE Health and Human Development
- VET Hospitality

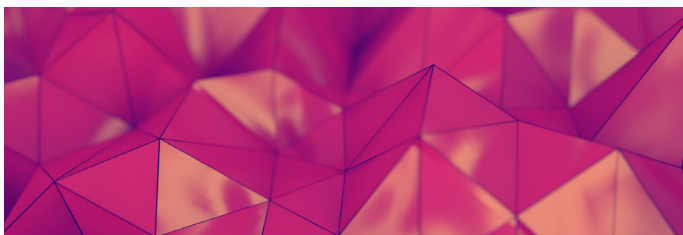
Career Pathways

You should consider this subject if you are interested in becoming a:

- Food Scientist/Food Product Developer
- Nutritionist
- Chef
- Restaurant/Cafe owner

Design Workshop: From Idea to Product

TECHNOLOGY



SUBJECT DESCRIPTION

Explore the world of product design and creation! This hands-on course will introduce you to a variety of materials like wood, metal, and plastics, along with electronic components and systems knowledge. Using specialised Modeling Software, you'll bring your creative ideas to life. From planning to manufacturing, you'll develop valuable skills to craft functional and innovative products using different materials and technologies. Don't miss this opportunity to learn about designing with different materials.

PATHWAYS

Senior School Pathways

This subject can lead to these further learning options:

- VCE Product Design & Technology
- VCE Systems Engineering
- VCE Vocational Major

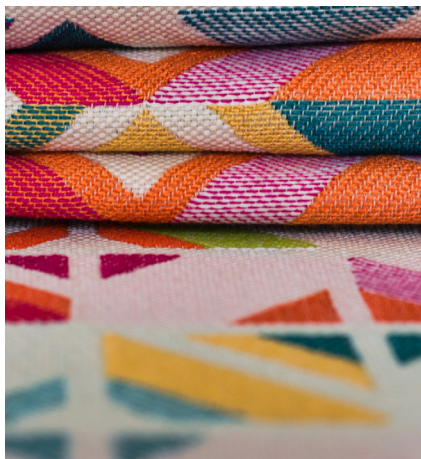
Career Pathways

You should consider this subject if you are interested in becoming a:

- Product Design
- Engineering
- Manufacturing and Building Construction
- Biomechanics

Fabric Finesse: Mastering Textiles Techniques

TECHNOLOGY



SUBJECT DESCRIPTION

Welcome to the colourful and imaginative world of textile design! You'll get to experiment with various textile techniques like felting, fabric dying, and adding your artistic flair to your creations. Ever wondered about different fibre types? We've got you covered – you'll become an expert in Australian care labelling standards too! You'll be creating your very own fashionable garment - Don't worry, we'll give you some exciting challenges to work on, and you'll safely bring your designs to life. You will have the opportunity to translate your learning to real life. For example, you may get to design a cool care label for your creation, ensuring its proper maintenance and care. Throughout the journey, you'll keep a folio that captures your creative process and showcases all your achievements in textile design. If you are drawn to colour, creativity, and fashion-forward fun, this is the perfect subject for you! Join us and let your imagination run wild with textiles!

PATHWAYS

Senior School Pathways

This subject can lead to these further learning options:

- VCE Product Design and Technology - Materials
- VET Applied Fashion Design and Technology

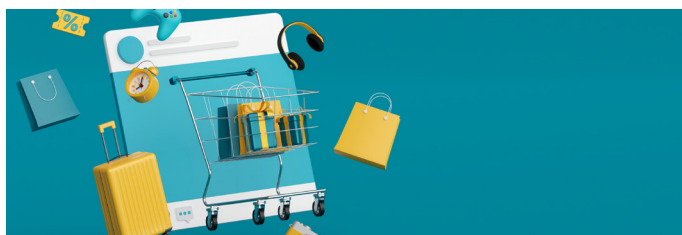
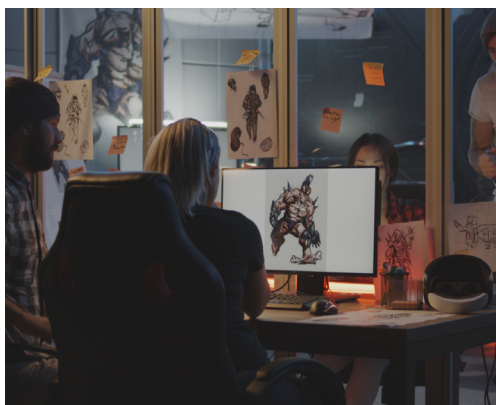
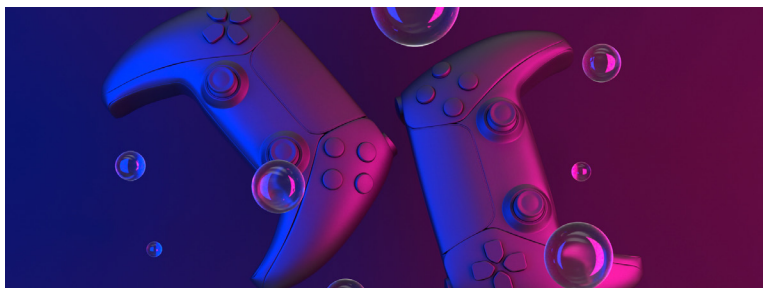
Career Pathways

You should consider this subject if you are interested in becoming a:

- Fashion Designer
- Interior Designer
- Quality Control Manager
- Manufacturing & Production

Digital Design: Game Development and Digital Advertising

TECHNOLOGY



SUBJECT DESCRIPTION

In Digital Design: Game Development and Digital Advertising, you will work at Wyndham Tech School to gain hands-on experience in creating games and digital advertising. You'll use industry-standard tools like Unity, Unreal Engine, Blender, and Mixamo to develop your own innovative and immersive games. Along the way, you'll learn essential skills to conceive, design, and market a product. You'll also design logos and labels using Adobe Illustrator, create 3D models with Onshape, and put it all together in a product launch video using Keyshot. This course is perfect for anyone interested in exploring game development and digital marketing.

PATHWAYS

Senior School Pathways

This subject can lead to these further learning options:

- VCE Media
- VCE Visual Communication Design
- VCE Applied Computing
- VET Certificate III in Screen and Media
- VET Certificate III in Information, Digital Media, and Technology
- VET Certificate IV in Digital Media Technologies

Career Pathways

You should consider this subject if you are interested in becoming a:

- Game Designer
- Graphic Designer
- 3D Modeller
- Digital Marketing Specialist
- Animator
- Product Designer

ENGLISH



Literary Escapades

ENGLISH



SUBJECT DESCRIPTION

In *Literary Escapades*, we'll explore a treasure trove of captivating plays, poetry, and novels that will transport you. Explore the magical bond between readers, language, and culture, unravelling the secrets of the written word.

You'll also become a savvy media analyst and decoding persuasive texts like an investigative journalist. Sharpen your analytical skills and uncover the hidden messages behind powerful media messages.

Immerse yourself in stories that will ignite your imagination and broaden your horizons. You'll build a strong language and communication foundation that will set you up for academic success.

PATHWAYS

Senior School Pathways

This subject can lead to these further learning options:

- VCE Literature
- VCE English

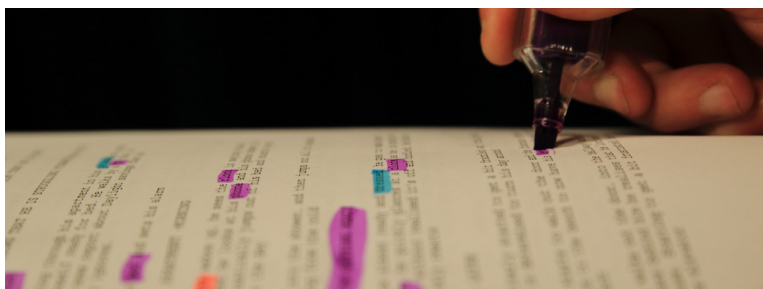
Career Pathways

You should consider this subject if you are interested in becoming a:

- Author
- Film/TV Director
- Journalist
- Multimedia content developer
- Lawyer/Barrister

Language Builders: Constructing Words, Crafting Sentences

ENGLISH



SUBJECT DESCRIPTION

Welcome to the world of words. We will be looking at different text types—think of plays, films and modern media texts.

Get creative as you craft your own written and oral masterpieces across various genres – the sky's the limit! Plus, we'll unlock the secrets of persuasive arguments in the media, so you can confidently express your own ideas.

We'll also master language conventions, like sentence structure, making your communication even more powerful! Get set to unleash your language ninja within and conquer the world of words like a pro! Join us in this English adventure and watch your language magic soar!

PATHWAYS

Senior School Pathways

This subject can lead to these further learning options:

- VCE English

Career Pathways

You should consider this subject if you are interested in becoming a:

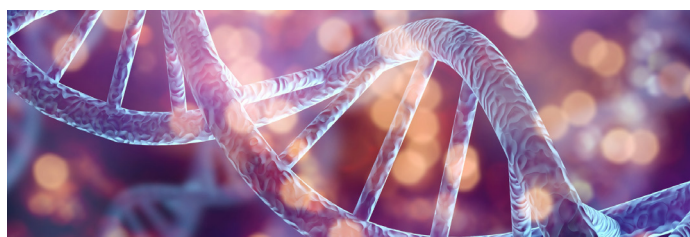
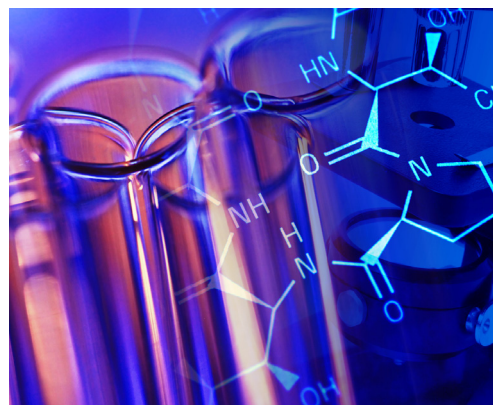
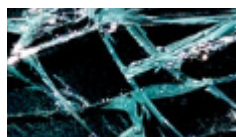
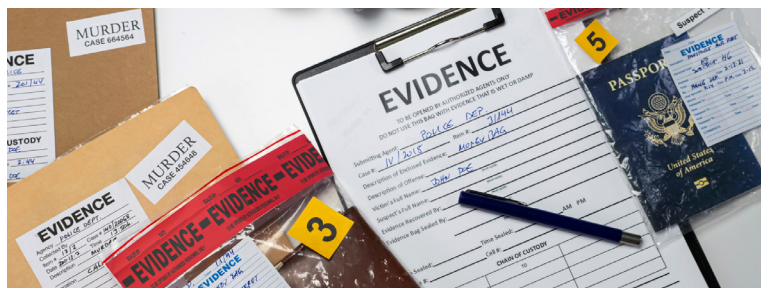
- Social Media Content developer
- Multimedia Manager
- Teacher

SCIENCE



CSI Lab: Investigating With Science

SCIENCE



SUBJECT DESCRIPTION

Learn about the history of and modern day Forensics! This unit is all about how science meets mystery, as we unravel the secrets of crime-solving. Get ready to explore the exciting intersection of Biology, Physics, and Chemistry – where science becomes a superpower in the courtroom!

We'll get our hands dirty with practical techniques, just like real forensic scientists. You'll be a true detective, gathering and analysing evidence, and developing your skills in interpreting crucial data.

If you've ever dreamt of being a crime-solving genius, this is the subject for you.

PATHWAYS

Senior School Pathways

This subject can lead to these further learning options:

- VCE Psychology
- VCE Biology
- VCE Chemistry
- VCE Physics

Career Pathways

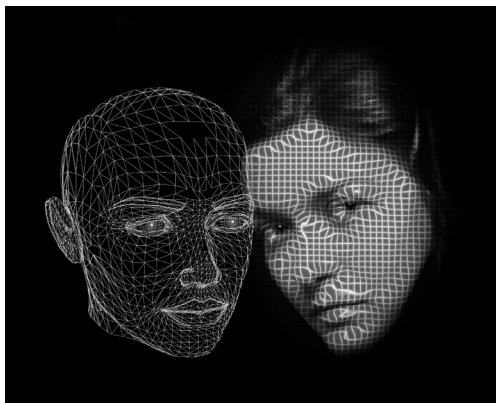
You should consider this subject if you are interested in becoming a:

- Forensic Science
- Criminology
- Psychology
- Police
- Border Force Security



Mind Matters: Psychology

SCIENCE



SUBJECT DESCRIPTION

Ever wondered why we do the things we do? Are you interested in the science of psychology? Learn about human behaviour and how our brains interact with the world around us.

This is no ordinary class – we'll dive into classical and cutting-edge research, learning about imaging technologies, models, and theories. Discover the secrets of how our brain influences our every move.

You'll conduct your own inquiry tasks and hone your problem-solving and critical evaluation skills. It's like being a detective of the mind!

The best part? You'll link all this knowledge to everyday life – applying your newfound understanding of psychology to real-life situations.

PATHWAYS

Senior School Pathways

This subject can lead to these further learning options:

- VCE Psychology
- VCE Biology
- VCE Health and Human Development

Career Pathways

You should consider this subject if you are interested in becoming a:

- Psychologist
- Psychiatrist
- Social Worker
- Criminologist
- Forensic Investigator
- Police Officer



THE HUMANITIES

Spark to Shark: Business Management

HUMANITIES



SUBJECT DESCRIPTION

Learn and explore entrepreneurship and innovation! You will be creating and running your own original business. Be inspired by real-life success stories and learn the secrets of effective business management. It's like building your dream business from scratch!

It will culminate in getting a chance to present your fantastic business idea to a panel, just like they do on "The Shark Tank" TV show. Get ready to spark your creativity and sharpen your skills.

PATHWAYS

Senior School Pathways

This subject can lead to these further learning options:

- VCE Business Management

Career Pathways

You should consider this subject if you are interested in becoming a:

- Entrepreneur
- Owning your own business
- Business Manager

Planet Earth In Peril: Geography

HUMANITIES



SUBJECT DESCRIPTION

Discover the captivating world of environmental changes and human wellbeing in this Geography unit. Uncover the impact of human activities on our planet, from pollution to climate change. Explore diverse perspectives and global tensions and wellbeing.

Learn about different populations across the globe and measures of liveability, including ways to increase standard of living. Experience the real-world implications through engaging fieldwork activities. Your learning will contribute to making a positive impact on our world for the future.

PATHWAYS

Senior School Pathways

This subject can lead to these further learning options:

- VCE Geography
- VCE Environmental Science

Career Pathways

You should consider this subject if you are interested in becoming a:

- Engineer
- Analyst
- Landscaper
- Farming
- Agronomist
- Park Rangers
- Researcher

History's Crossroads: Unravelling World War II and the Social Impacts

HUMANITIES



SUBJECT DESCRIPTION

Are you interested in learning about World War II and modern conflicts? Have you ever wondered about the underlying causes of these global events and Australia's significant role in the war? Do you want to unravel the critical turning points that shaped the course of history?

You will be exploring the causes of other modern wars from different regions, gaining profound insights through comparisons. As part of this subject you will be learning about the post-war period of peace that shaped the entire twentieth century in multiple dimensions.

You will be using your critical thinking skills and gain a nuanced perspective, and discover the complexities of warfare and its enduring impact on our world.

PATHWAYS

Senior School Pathways

This subject can lead to these further learning options:

- VCE History
- VCE Australian and Global Politics
- VCE Sociology

Career Pathways

You should consider this subject if you are interested in becoming a:

- Diplomatic Services
- Translator
- Humanitarian provider
- Teacher



HEALTH & PHYSICAL EDUCATION

The Game Plan

HEALTH & PHYSICAL EDUCATION



SUBJECT DESCRIPTION

If you find yourself passionately reacting to umpire decisions while watching sports or dream of training and mentoring athletes like sports legends LeBron James, Cristiano Ronaldo, Steve Smith, or Patrick Cripps, then this is the perfect subject for you!

By choosing this subject you'll learn the art of bringing out the best in a team. From training sessions to game days, you will be introduced to the techniques that drive athletes to peak performance. Explore the rules and regulations of various sports and gain the expertise to lead teams.

This course also unravels the secrets of effective umpiring, where you'll be the guiding force promoting fair play and sportsmanship within matches. Discuss the spirit of sportsmanship.

Whether you dream of becoming a coach or an

umpire, this course equips you with the skills and knowledge about sports coaching and umpiring. Foster fair competition, and make your mark in the world of sports!

PATHWAYS

Senior School Pathways

This subject can lead to these further learning options:

- VET Sports and Recreation
- VCE Physical Education
- VCE Health and Human Development

Career Pathways

You should consider this subject if you are interested in becoming a:

- Coaching
- Umpiring
- Health & Physical Education Teacher
- Sports Management
- Sports Psychologist

Get Fitter, Run Faster

HEALTH & PHYSICAL EDUCATION



SUBJECT DESCRIPTION

Welcome to the exciting world where science meets sports. This subject is all about uncovering how our bodies and muscles work together to supercharge athlete performance. We'll dive into muscles, bones, and how they team up to create awesome movement.

But that's not all – have you ever thought about the cool jobs in Sports Science? We'll explore those too! Plus, get ready to see the theory in action with hands-on activities. Ever tried martial arts, yoga, functional training and conditioning or pilates? You'll not only learn about muscles but also experience how they recover and adapt in real life.

If you're into both science and sports and want to explore amazing ways to boost athlete performance, this course is tailor-made for you. Get ready for a journey that's both fun and educational!

PATHWAYS

Senior School Pathways

This subject can lead to these further learning options:

- VET Sports and Recreation
- VCE Physical Education
- VCE Health and Human Development

Career Pathways

You should consider this subject if you are interested in becoming a:

- Exercise Physiology
- Physiotherapist
- Health & Physical Education Teacher
- Sports Management
- Sports Psychologist



VCE EARLY COMMENCEMENT

Bemin Secondary College will be offering Year 10 students access to commence a VCE units 1 and 2 subject early.

How does this work?

Students who are approved to commence a VCE subject early will complete Units 1 and 2 of this subject in place of two of their semester-based electives. They will still complete an Arts and a Technology elective over the course of the years.

What subjects can be commenced early?

In 2025, Year 10 students can apply to commence the following VCE subjects early:

- VCE Psychology Units 1 and 2
- VCE Business Management Units 1 and 2
- VCE Legal Studies Units 1 and 2
- VCE Health and Human Development Units 1 and 2

How can I apply?

Please navigate to Bemin Secondary College's 2025 Subject Selections website at subjects.beminsc.vic.edu.au for more information and to apply.

Students are welcome to raise an expression of interest in the specialisations selection form, which can be accessed when selecting subjects.

Students who express an EOI will be contacted further about the application process.

VCE PSYCHOLOGY

SCIENCE



COURSE OVERVIEW

Psychology is a multifaceted discipline that seeks to describe, explain, understand and predict human behaviour and mental processes. It includes many sub-fields of study that explore and seek to better understand how individuals, groups, communities and societies think, feel and act.

There are many different approaches to the study of psychology. VCE Psychology applies a biopsychosocial approach to the systematic study of mental processes and behaviour. Within this approach, different perspectives, models and theories are considered. Each of these has strengths and weaknesses, yet considered together they allow students to develop their understanding of human behaviour and mental processes and the interrelated nature of biological, psychological and social factors. Biological perspectives focus on how physiology influences individuals through exploring concepts such as hereditary and environmental factors, nervous system functioning and the role of internal biological mechanisms. Psychological perspectives consider the diverse range of cognitions, emotions and behaviours that influence individuals. Within the social perspective, factors such as cultural considerations, environmental influences, social support and socioeconomic status are explored. The biopsychosocial approach can be applied to understand a variety of mental processes and behaviours.



UNIT 1

In this unit students examine the complex nature of psychological development, including situations where psychological development may not occur as expected. Students examine the contribution that classical and contemporary knowledge from Western and non-Western societies, including Aboriginal and Torres Strait Islander peoples, has made to an understanding of psychological development and to the development of psychological models and theories used to predict and explain the development of thoughts, emotions and behaviours. They investigate the structure and functioning of the human brain and the role it plays in mental processes and behaviour and explore brain plasticity and the influence that brain damage may have on a person's psychological functioning.

AREAS OF STUDY

- What influences psychological development?
- How are mental processes and behaviour influenced by the brain?
- How does contemporary psychology conduct and validate psychological research?

FUTURE PATHWAYS

VCE Psychology Unit 2

VCE Psychology Units 3 and 4

UNIT 2

In this unit students evaluate the role social cognition plays in a person's attitudes, perception of themselves and relationships with others. Students explore a variety of factors and contexts that can influence the behaviour of individuals and groups, recognising that different cultural groups have different experiences and values. Students are encouraged to consider Aboriginal and Torres Strait Islander people's experiences within Australian society and how these experiences may affect psychological functioning.

AREAS OF STUDY

- How are people influenced to behave in particular ways?
- What influences a person's perception of the world?
- How do scientific investigations develop understanding of influences on perception and behaviour?

FUTURE PATHWAYS

VCE Psychology Units 3 and 4

VCE BUSINESS MANAGEMENT

HUMANITIES



COURSE OVERVIEW

VCE Business Management examines the ways businesses manage resources to achieve objectives. The VCE Business Management Study Design follows the process from the initial idea for a business concept, to planning and establishing a business, through to the day-to-day management of a business. It also considers changes that need to be made to ensure the continued success of a business. Students develop an understanding of the complexity of the challenges facing decision-makers in managing businesses and their resources.

A range of management theories is considered and compared with management in practice through contemporary case studies drawn from the past four years. Students learn to propose and evaluate alternative strategies in response to contemporary challenges in establishing and operating a business.



UNIT 1

Businesses of all sizes are major contributors to the economic and social wellbeing of a nation. The ability of entrepreneurs to establish a business and the fostering of conditions under which new business ideas can emerge are vital for a nation's wellbeing. Taking a business idea and planning how to make it a reality are the cornerstones of economic and social development. In this unit students explore the factors affecting business ideas and the internal and external environments within which businesses operate, as well as the effect of these on planning a business. They also consider the importance of the business sector to the national economy and social wellbeing.

AREAS OF STUDY

- The business idea
- Internal business environment and planning
- External business environment and planning

FUTURE PATHWAYS

VCE Business Management Unit 2

VCE Business Management Units 3 and 4

UNIT 2

This unit focuses on the establishment phase of a business. Establishing a business involves compliance with legal requirements as well as decisions about how best to establish a system of financial record keeping, staff the business and establish a customer base. In this unit students examine the legal requirements that must be met to establish a business. They investigate the essential features of effective marketing and consider the best way to meet the needs of the business in terms of staffing and financial record keeping. Students analyse management practices by applying key knowledge to contemporary business case studies from the past four years.

AREAS OF STUDY

- Legal requirements and financial considerations
- Marketing a business
- Staffing a business

FUTURE PATHWAYS

VCE Business Management Units 3 and 4

VCE LEGAL STUDIES

HUMANITIES



COURSE OVERVIEW

VCE Legal Studies examines the institutions and principles that are essential to the Australian legal system. Students develop an understanding of the rule of law, law-makers, legal institutions, the relationship between the people and the Australian Constitution, the protection of rights in Australia, and the Victorian justice system.

Through applying knowledge of legal concepts and principles to a range of actual and / or hypothetical scenarios, students develop an ability to use legal reasoning to argue a case for or against a party in a civil or criminal matter. They develop an appreciation of the ability of people to actively seek to influence changes in the law and analyse both the extent to which our legal institutions are effective, and whether the Victorian justice system achieves the principles of justice. For the purposes of this study, the principles of justice are fairness, equality and access:

- fairness: all people can participate in the justice system and its processes should be impartial and open
- equality: all people engaging with the justice system and its processes should be treated in the same way; if the same treatment creates disparity or disadvantage, adequate measures should be implemented to allow all to engage with the justice system without disparity or disadvantage
- access: all people should be able to engage with the justice system and its processes on an informed basis.



UNIT 1

Laws, including criminal law, aim to achieve social cohesion and protect the rights of individuals. Criminal law is aimed at maintaining social order. When a criminal law is broken, a crime is committed which is punishable and can result in criminal charges and sanctions.

AREAS OF STUDY

- Legal foundations
- Proving guilt
- Sanctions

FUTURE PATHWAYS

VCE Legal Studies Unit 2

VCE Legal Studies Units 3 and 4

UNIT 2

Civil law aims to protect the rights of individuals. When rights are infringed, a dispute may arise requiring resolution, and remedies may be awarded. In this unit, students investigate key concepts of civil law and apply these to actual and/or hypothetical scenarios to determine whether a party is liable in a civil dispute. Students explore different areas of civil law, and the methods and institutions that may be used to resolve a civil dispute and provide remedies. They apply knowledge through an investigation of civil cases from the past four years. Students also develop an understanding of how human rights are protected in Australia and possible reforms to the protection of rights, and investigate a contemporary human rights issue in Australia, with a specific focus on one case study.

AREAS OF STUDY

- Civil liability
- Remedies
- Human rights

FUTURE PATHWAYS

VCE Legal Studies Units 3 and 4

VCE HEALTH & HUMAN DEVELOPMENT

HEALTH AND PHYSICAL EDUCATION



COURSE OVERVIEW

VCE Health and Human Development takes a broad and multidimensional approach to defining and understanding health. Students investigate the World Health Organization's (WHO) definition and other interpretations of health and wellbeing. For the purposes of this study, students consider wellbeing to be an implicit element of health.

Students examine health (including the concepts of health and wellbeing, and health status) and human development as dynamic concepts that are subject to a complex interplay of biological, sociocultural and environmental factors, many of which can be acted upon by people, communities and governments. Students consider the interaction between these factors and learn that health and human development is complex and influenced by the settings in which people are born, grow, live, work and age.

Students consider Australian and global contexts as they investigate health outcomes and examine the Australian healthcare system to help evaluate what is being done to address health inequity and inequality. They examine and evaluate the work of global health organisations and the Australian Government's overseas aid program. This study presents concepts of health and wellbeing, and human development, from a range of perspectives: individual and collective; local, national and global; and across time and human lifespan. Students develop health literacy as they connect their learning to their lives, communities and world. They develop a capacity to critique and respond to health information, advertising and other media messages, which enables them to put strategies into action to address health and wellbeing at a personal, community and global level.

UNIT 1

In this unit, students explore health and wellbeing as a concept with varied and evolving perspectives and definitions. They come to understand that it occurs in many contexts and is subject to a wide range of interpretations, with different meanings for different people. As a foundation to their understanding of health, students investigate the World Health Organization's (WHO) definition and other interpretations. They also explore the fundamental conditions required for health as stated by the WHO, which provide a social justice lens for exploring health inequities.

In this unit, students identify perspectives relating to health and wellbeing, and inquire into factors that influence health attitudes, beliefs and practices, including among Aboriginal and Torres Strait Islander Peoples. Students look at multiple dimensions of health and wellbeing, the complex interplay of influences on health outcomes and the indicators used to measure and evaluate health status. With a focus on youth, the unit equips students to consider their own health as individuals and as a cohort. They build health literacy by interpreting and using data in a research investigation into one youth health focus area, and by investigating the role of food.

AREAS OF STUDY

- Concepts of health
- Youth health and wellbeing
- Health and nutrition

FUTURE PATHWAYS

VCE Health and Human Development Unit 2

VCE Health and Human Development Units 3 and 4

UNIT 2

In this unit, students investigate transitions in health and wellbeing, and human development, from lifespan and societal perspectives. They explore the changes and expectations that are integral to the progression from youth to adulthood. Students apply health literacy skills through an examination of adulthood as a time of increasing independence and responsibility, involving the establishment of long-term relationships, possible considerations of parenthood and management of health-related milestones and changes.

Students explore health literacy through an investigation of the Australian healthcare system from the perspective of youth and analyse health information. They investigate the challenges and opportunities presented by digital media and consider issues surrounding the use of health data and access to quality health care.

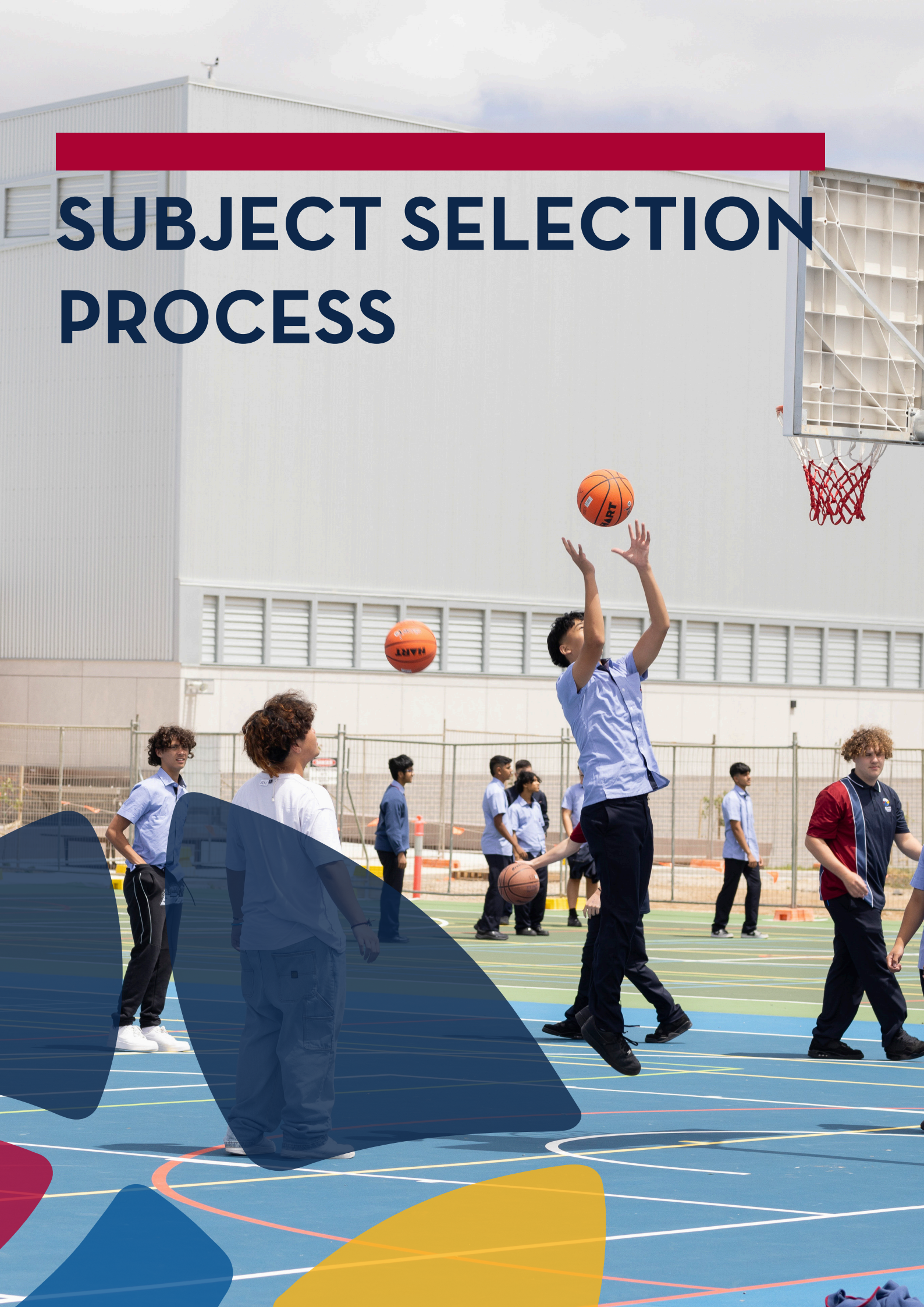
AREAS OF STUDY

- Developmental transitions
- Youth health literacy

FUTURE PATHWAYS

VCE Health and Human Development Units 3 and 4

SUBJECT SELECTION PROCESS



APPLYING FOR SUBJECTS

Please navigate to Bemn Secondary College's Subject Guide website to submit your subject selections, accessible at subjects.beminsc.vic.edu.au.

Alternatively, scan the QR code to access the site.



Selection Requirements

You must select one (1) arts-based elective and one (1) technology-based elective. You can then select two further electives from the list provided.

VCE Early Commencement

Please follow the instructions on Bemn Secondary College's Subject Selections website to express interest in VCE early commencement.

If successful, this subject will replace two of your four electives (one per semester).

